



# GF/DF PUMPKIN FRENCH TOAST

*My go-to healthy comfort food to satisfy any sweet tooth*

## INGREDIENTS

- 2 slices of gluten free bread
- 1 egg
- 1/2 cup unsweetened almond milk
- 1 tsp avocado oil, for greasing the pan
- 1/4 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 3-4 tbsp raw maple syrup (based on preference)
- toppings, if any (fruit, nut butter, nuts, seeds, etc.)

## PREP TIME

- Prep | 5 min
- Cook | 15 min
- Ready in | 20 m
- Duration | 5 days

## PROCEDURE

01

In a mixing bowl, whisk the egg, unsweetened almond milk, cinnamon, pumpkin pie spice, and vanilla extract.

02

Grease your pan with avocado oil and put on medium heat until the pan is warm.

03

Dip both sides of the bread into the egg and milk mixture and then place on the pan. Cook for 2-3 mins per side or until it lightly browns.

04

Once the french toast is cooked, top with maple syrup and any other toppings. Enjoy!